

# MISSISSIPPI WIC SHOPPING GUIDE



# MELCOMETU

# GOOD FOOD IS ESSENTIAL TO YOUR HEALTH AND TO THE HEALTH OF YOUR CHILDREN.

Your eWIC card makes buying what you need easier than ever. You will now use an eWIC card to pick up your WIC foods at approved grocery stores. Here is some important information about eWIC:

At each WIC appointment, you will receive a shopping list that will tell you which and how many of these WIC foods you are allowed to pick up.

Your eWIC card will have a unique account number. WIC will use this number to send your benefits to your account each month. Any WIC benefits you do not use during a benefit cycle do not roll over. They expire. When you have used all your WIC benefits for the month, do not throw the card away. WIC will reload the card.

It is very important that you keep up with your eWIC card so you will be able to pick up your WIC foods when you need them. If you lose your card or it is stolen or damaged, contact customer service immediately at 1-855-897-5897.

Your eWIC card contains a magnetic strip that you will swipe through a card reader at the grocery store. Simply swipe your eWIC card and enter your PIN, just like you would with a debit card.

You do not need to buy all your WIC foods at once.
Simply buy them as you need them. Be mindful of the last day on which you can use your monthly benefit.



# TIPS FOR A SUCCESSFUL WIC SHOPPING EXPERIENCE

- 1. Look for shelf tags for WIC-approved items. (See left image for shelf tag.)
- 2. Bring the shopping list you received at your WIC appointment or check your benefit balance before your shopping trip.
- 3. Bring your eWIC card with you and know your PIN.

If you cannot remember your PIN, call customer service at 1-855-897-5897 and change it to something that will be easy to remember.

4. Select the right amount and package size of your WIC foods.

The Mississippi WIC Shopping Guide will help you with this. Remember: Not every store will carry all WIC-approved foods.

5. Tell the cashier right away that you will be using an eWIC card.

In most instances, you will be able to scan everything together. At some smaller stores, you may need to separate your WIC foods. Ask your cashier to be sure.

6. If you have a problem at the store, ask to speak with the store manager.

If the issue cannot be resolved at the store, call your local WIC agency, or the state WIC office at (800) 545-6747, to discuss your concerns.

- 7. Call Conduent customer service at (855) 897-5897 or visit their web portal at www.WICconnect.com to:
- · Report your card as damaged, lost, or stolen
- · Change or set your card's PIN
- · Check your benefit balance



# FRUITS & VEGETABLES

#### Fresh Fruits & Vegetables

#### Allowed:

Any variety of whole or cut fresh fruits or vegetables

Bagged vegetables of any size (for example, carrots or salad greens)

#### Not Allowed:

Items for purchase at a salad bar

Bagged lettuce or salad greens with dressing, croutons, nuts, or dried fruit

Fruit baskets or party trays

Peanuts

Decorative fruits or vegetables (for example, painted pumpkins)

Herbs and spices

#### **Frozen Fruits**

#### Allowed:

Any brand or package size of whole or cut frozen fruits

#### Not Allowed:

Fruit bars, popsicles, or fruit smoothies

With sugar or other sweeteners (for example, syrup or Splenda)

#### Frozen Vegetables

#### Allowed:

Any size or package type

Any plain vegetables or plain vegetable mixtures without white potatoes

Any beans or mixtures with beans or peas (for example, mixed vegetables with lima beans)

#### Not Allowed:

With pasta, noodles, nuts, rice, cheese, or meat

With butter, oil, sauces, glazes, breading, herbs, or seasonings

Frozen potatoes, sweet potato fries, french fries, hash browns, or shaped potatoes

#### **Canned Tomato Products**

#### Allowed:

Any size

Whole, diced, crushed, or stewed tomatoes

Tomato sauce, paste or puree

#### Not Allowed:

Herbs or seasonings (for example, onions, chilies, or garlic)

Pizza, lasagna, or spaghetti sauce

Soup, salsa, or ketchup

With any oil

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# FRUITS & VEGETABLES (CONT.)

#### **Canned Fruits**

#### Allowed:

Packed in water, juice, or fruit juice concentrate

Any plain fruit or plain fruit mixture

Any container type

Any brand

Applesauce (no sugar added or unsweetened varieties only)

#### Not Allowed:

Cranberry sauce, pie filling

With any syrup (for example, heavy, light, naturally light, or extra light)

With added sugar (for example, sweetened juice, fruit gel, or nectar)

With artificial sweetener (for example, Splenda or NutraSweet)

#### **Canned Vegetables**

#### Allowed:

Any size

Plain vegetables and plain vegetable mixtures including green (sweet) peas and green beans, snap beans, wax beans, and yellow beans

#### Not Allowed:

Pickles and pickled vegetables (for example, sauerkraut)

Creamed vegetables (for example, creamed corn)

Baked beans, pork and beans, and refried beans

Chopped garlic in oil

Soup, ketchup, relish, and olives

Canned white potatoes

\*Canned beans, peas, and lentils

\*Canned beans, peas, and lentils are allowed in the *Beans, Peas*, and *Peanut Butter* section, pgs 26-27. These are not part of the canned vegetable allowance.



# CEREALS

Select only the cereals pictured. Select 11 oz.–36 oz. boxes or bags only. Buy any combination that does not go over 36 ounces.

#### **WAYS TO COMBINE 36 OUNCES OF CEREAL**

\*whole grain cereals















## Hot Cereals (packets only)

### Cream of Wheat Instant

Original Flavor

**Quaker Instant Grits** 

Original Flavor

Quaker Instant Oatmeal Original Flavor\*



Cream of Wheat Instant Original Flavor



Quaker Instant Grits Original Flavor

11 to 20 oz

Quaker Instant Oatmeal Original Flavor

#### **General Mills**

#### Cheerios

Original\*

Multigrain\*

#### Chex

Corn

Rice

#### Kix

Original\*

Honey\*

Berry Berry

#### Total\*

Wheaties\*





Kix Regular



Cheerios



grape -Nuts

Grape-Nuts

Flakes



Kix Berry Berry

Chex Corn



Chex Rice



Wheaties

#### Post

Original\*

Crunchy Pecan\*

#### Honey Bunches of Oats

Honey Roasted With Vanilla Bunches\*



Grape-Nuts Original .

of Oats with





Honey Roasted



Honey Bunches Vanilla Bunches



Great Grains Crunchy Pecan



Honey Bunches of Honey Crunch

#### Grape-Nuts Flakes

Flakes\*

#### **Great Grains**

Banana Nut Crunch\*

With Almonds

Whole Grain Honey Crunch\*

# CEREALS (CONT.)

#### Malt O Meal

#### Mini Spooners Frosted\* Strawberry Cream\*





Frosted Mini Spooners

Strawberry Cream Mini Spooners

#### Quaker

#### Oatmeal Squares

Brown Sugar\* Cinnamon\* Golden Maple\*

Life

Original\* Vanilla\*

Strawberry\*

Oatmeal Squares Brown Sugar





Oatmeal Squares Cinnamon

Oatmeal Squares Golden Maple





Life Vanilla

Life Strawberry

#### Kellogg's

#### Crispix Original

#### Special K

Original

Multigrain with a Touch of Cinnamon\* Honey Almond Ancient Grains\*

#### Corn Flakes

Rice Krispies Original

All-Bran Complete Wheat Flakes\*

#### Frosted Mini Wheats

Original\*

Little Bites\*

Filled Mixed Berry\*

Blueberry\*

Strawberry\*

Pumpkin Spice\*



Corn Flakes

Frosted Mini

Wheats Little Bites





Special K Original



Special K Multigrain with a Touch of Cinnamon



Special K Honey Almond Ancient Grains





Original

Frosted Mini

Wheats Filled

Mixed Berry





All-Bran Complete Wheat Flakes



Frosted Mini Wheats Original





Wheats Blueberry





Frosted Mini Wheats Strawberry



Wheats Pumpkin Spice

Life Orignal



# MILK



#### Allowed: Declared store brand of any of the following at time of purchase.

- · Fat-free
- · 1% low-fat
- · Whole (for children 12–23 months only)
- Chocolate
- · Lactose-free/reduced
- · Calcium enriched

Select any combination of gallon and half-gallon sizes. Quarts are available only if specified.

#### Allowed only when specified:

- · Evaporated milk (canned), 12 oz. can, Carnation and Pet brands only
- Dry milk (powdered), 9.6 oz. box
- · Ultra-high temperature (UHT) milk, quart

#### Not Allowed:

- · Acidophilus-treated milk
- · Condensed milk
- · Organic milk
- · Goat milk
- · Nut milk
- · Rice milk



Original





#### Silk Soymilk Original

#### Soy Beverage

#### Allowed only when specified. These brands and varieties are available in half-gallon, refrigerated cartons:

- ·8th Continent (Original or Vanilla only)
- · Silk (Original only)

#### Not Allowed:

- ·DHA
- ·Omega-3
- Fat-free
- Light
- Organic
- · Quarts or twin packs



# **YOGURT**

#### Allowed:

- · Choose from the listed brands and flavors.
- Must be 1 quart (32 oz.) containers, except for Yoplait Go-Gurt. See approved sizes for Yoplait Go-Gurt.

#### Not Allowed:

- Organic
- Drinkable
- Mix-in ingredients (for example, granola, candy pieces, honey, or nuts)











Original Strawberry

Banana Lowfat

#### Whole yogurt for children 12–23 months of age.

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Plain Whole Milk Greek

**DANNON OIKOS** 

Plain Whole Milk Greek

#### **DANNON**

All Natural Plain Whole

#### KROGER

Whole Milk Plain Whole Milk Vanilla

#### Nonfat or lowfat yogurt (0%–2% fat) for women and for children two years of age or older.

CHOBANI	DANNON	DANNON OIKOS	DANNON LIGHT & FIT
Plain Nonfat Greek	Plain Lowfat	Plain Greek Nonfat	Vanilla Nonfat
Strawberry Blended Greek Nonfat	Vanilla Lowfat	Vanilla Greek Nonfat	Strawberry Nonfat
Vanilla Blended		Triple Zero Blended Greek Vanilla	Vanilla Greek Nonfat
Greek Nonfat		Greek vanilla	Plain Greek Nonfat
Peach Blended Greek Nonfat			
YOPLAIT	YOPLAIT GO-GURT	KROGER	GREAT VALUE
Original Strawberry Lowfat	Any Flavor	Nonfat Plain	Original Vanilla Lowfat
Original Vanilla Lowfat	Approved Size — Either: 1 - 16-pack (2 oz. servings)	Blended Vanilla Lowfat	Original Strawberry Lowfat
Original Harvest Peach Lowfat	2 - 8-packs (2 oz. servings)	Blended Plain Lowfat	Original Strawberry Banana Lowfat
reach Lowidi	Not Allowed:		

Original Plain Nonfat

YoPlait Go-Gurt Non-Dairy

YoPlait Go-Gurt Slushies



# **CHEESE**



Not Allowed:

· Cheese food, spread, or product

Peppers or other added ingredients

• Cheese from the deli or cheese shop

· Mixes, sticks, or crumbles

#### Allowed:

1 pound (16 oz.) package of the declared store brand of any of the following varieties.

Choose any of the following varieties.

- Processed American
- · Cheddar
- Colby
- Monterey lack
- Colby-Jack
- Mozzarella
- Swiss

May be block, hoop, cubed, shredded, sliced, or string.

May be low fat, low cholesterol, or low sodium, but you are not limited to these options.

# EGGS



#### Allowed:

- · Declared store brand
- · Grade-A, large
- ·One-dozen carton

#### Not Allowed:

- Brown eggs
- Specialty eggs
- Eggland's Best



# **JUICES**

Select only the following size(s). Must be 100% juice, without added sweeteners. May contain added calcium. No fruit punch, fruit drink, or drink ades.



Pineapple



11.5 oz.-12 oz. Frozen

\*For women only













Any Brand Orange



Grape



Tropical Passion

#### 11.5 oz. Non-Frozen Pourable Concentrate \*For women only

Select only the brands and flavors pictured above.

All flavors of Old Orchard Juice (green lid only) are approved

Select only the brands and flavors pictured above.



Juicy Juice (all flavors)



Northland Cranberry



Seneca Apple



Libby's Pineapple



Welch's

Grape

Welch's Red Grape



Welch's White Grape



48 oz. Containers \*For women only

Select only the brands and flavors pictured above.

All flavors of Juicy Juice and Northland Cranberry Juice blends are allowed.

Welch's Grape, Red Grape, and White Grape juices are not available in 48 oz containers.

#### 64 oz. Containers \*For children only

Select only the brands and flavors pictured above.

All flavors of Juicy Juice and Northland Cranberry Juice blends are allowed.

#### 64 oz. Refrigerated Containers \*For children only

Select only 100% orange juice.



# **WHOLE GRAINS**

#### Whole Wheat Pasta

#### Allowed:

- · 1 pound (16 oz.) package
- · Any brand or shape
- 100% whole wheat flour and/or whole durum wheat flour must be the only flours listed on the ingredients list

#### Not Allowed:

- Organic
- · Gluten free
- Pasta made from rice, quinoa, flax, corn, or vegetables
- · Added sugars, fats, oils, or salt



#### Whole Grain Tortillas

1 pound (16 oz.) package. Choose whole wheat or corn tortillas from the brands pictured below.

#### CELIA'S



Celia's Whole Wheat Tortillas



Celia's Corn Tortillas

#### LA BANDERITA



La Banderita Whole Wheat Tortillas



La Banderita Corn Tortillas

#### MISSION



Mission Whole Wheat Tortillas

Mission
Corn Tortillas



#### Whole Grain or Whole Wheat Bread

Whole wheat and whole grain breads. 1 pound (16 oz.) package. Select only the breads pictured below.



100% Whole Wheat

Nature's Own

100% Whole Wheat

Sara Lee

100% Whole Wheat

with Honey



Pepperidge Farm

Whole Wheat

100% Whole Grain Sliced Buns

Nature's Own 100% Stone Ground 100% Whole Wheat

**CANNED SALMON** Allowed:

FISH

**CANNED TUNA** 

5, 6, and 7.5 oz. cans.

Allowed:

Any brand pink salmon. 5, 6, 7.5, and 14.75 oz. cans.



chunk light tuna

No smoked, solid white, or other flavorings.

#### Not Allowed:

No red or sockeye.

#### Allowed:

Roman Meal

Sungrain 100% Whole Grain

- boil-in-bag rice.

#### Not Allowed:

- White rice

## **WAYS TO COMBINE FISH**

Choose a combination that does not go over 30 ounces.

SIX 5 OZ CANS

5 OZ

5 OZ

5 OZ

5 OZ

5 OZ

5 **OZ** 

For women who exclusively breastfeed.

Any brand light tuna, chunk style, packed in water.

FIVE 6 OZ CANS 6 OZ 6 OZ

6 OZ

6 OZ 6 OZ FOUR 7.5 OZ CANS

7.5 OZ

7.5 OZ 7.5 OZ

TWO 14.75 OZ CANS

7.5 OZ 14.75 OZ 14.75 OZ

Whole Grain Rice

#### •1 pound (14-16 oz.) bag or box.

· Any brand of regular, instant, or

Seasoned

100% Whole Wheat

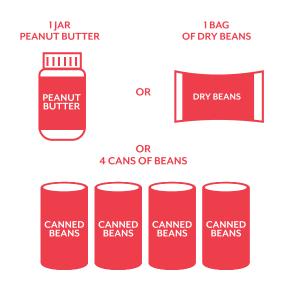
- · Gourmet blends
- Organic

Frozen



# BEANS, PEAS, AND PEANUT BUTTER

Ways to combine:



#### **BEANS AND PEAS**

#### Allowed:

- · Black beans
- · Black-eyed peas
- · Garbanzo beans (chickpeas)

- · Great northern beans
- Kidney beans
- · Fava and mung beans
- Pinto beans
- · Split peas

- Lentils
- · White beans (navy and pea beans)
- Mature lima beans (butter beans)

#### **CANNED BEANS**

#### Allowed:

1 pound (15-16 oz.) can, any brand.

#### Not Allowed:

Organic

Added sugar, fat, oil, or meat

Soups or baked beans

\*Green (sweet) peas, green beans, snap beans, wax beans, and yellow beans

#### **DRIED BEANS**

1 pound (16 oz.) bag, any brand.

\*Green (sweet) peas, green beans, snap beans, wax beans, and yellow beans are allowed as part of the *Canned Vegetable* allowance, pg 8-9. These are not part of the bean, pea, and peanut butter allowance.

#### **PEANUT BUTTER**

#### Allowed:

1 pound (16 - 18 oz.) container, any brand, may be creamy, crunchy, or extra crunchy.

#### Not Allowed:

No whipped, spreads, omega-3, organic, or combinations with jelly, honey, marshmallows, chocolate, or similar ingredients.



# **INFANTS**

#### Infant Formula

The WIC Shopping List shows the brand, size, form (powder, concentrate), and quantity to purchase.

No substitutions allowed.

#### **Dry Infant Cereal**

8 oz. containers of Gerber or Beech-Nut.

#### Allowed:

- · Oatmeal
- ·Rice
- Multigrain
- · Whole Wheat

#### Not Allowed:

No organic, DHA, fruit, or other additives.





#### Infant Fruits and Vegetables

Select any second-stage, single ingredient infant fruits or vegetables, only in these sizes and brands.

#### Allowed:

- · Beech Nut Nothing Artificial Added 4 oz. jar
- · Gerber 8 oz (2 packs of 4 oz.)

You can buy infant fruits and vegetables in any combination of packages or jars that add up to the total ounces (oz.) you receive per month.

#### Not Allowed:

No added sugar, starches, salt, DHA, or organic.





# Infant Meats (for exclusively breastfed infants)

Includes chicken, turkey, ham, and beef.

#### Allowed:

#### Beech Nut Stage 1

- · Meat with broth
- · 2.5 oz. container

#### Gerber 2nd Foods

- · Meat with gravy
- · 2.5 oz. container

#### Not Allowed:

No organic, meat and vegetable, or meat and pasta mixtures. No DHA. No meat sticks.





## **NON-DISCRIMINATION STATEMENT**

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

#### Mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue SW
Washington, D.C. 20250-9410

#### Fax:

(202) 690-7442

#### Email:

program.intake@usda.gov

This institution is an equal opportunity provider.

WIC VENDOR MANAGEMENT DEPARTMENT

Phone:

1 (800) 359-7832

Email:

vmu@msdh.ms.gov

WIC Household ID:		
Participant Name	WIC ID	

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# WE WANT TO MAKE SURE YOU HAVE ALL THE INFORMATION YOU NEED FOR YOUR TRIP TO AN APPROVED GROCERY STORE.

## FRESHNEWWAYTOWIC.COM



